

## Another \$1 Idea Make Your Own Fireless Cooker

ONE day, when I was feeling particularly depressed about the coal bill, the man who works next to me in the office told me about the fireless cooker which he and his wife had made.

"We took a tub, and made a lining, just about the size of a lard-pail, of asbestos. We filled in the space between the tub and the lining with sawdust—just the principle of an ice-house. Then, after it has been brought to a boil on the stove, we put our oatmeal into the lard-pail. We place a soft pillow over the top and shut down the tub cover on that. Our tub stove is equally good for chickens or small pieces of meat," my friend told me.

It is just a year since I learned of this coal- and labor-saving home-made device. Ever since that day, my wife and I

have been using a series of three butter-tubs transformed into fireless cookers. The tubs cost 15 cents each, the sawdust 25 cents, and the asbestos 50 cents.

For covers we took the feathers out of one big pillow and made three little ones. We use a single-burner gas stove for the first heating of the food, because with gas there is no waste of fuel before or after use.

This week we are going to town to buy a real fireless cooker; for we have saved enough this year to more than pay for it.

We figure that we have saved 25 per cent. on fuel, 25 per cent. on doctors' bills because of more thorough cooking, 25 per cent. on our dispositions, and 10 per cent. on food bills because of the cheaper cuts of meat and less expensive cereals we can now use.

**EDITOR'S NOTE:** The man in Boston who contributed this week's \$1 idea has received \$10 for his suggestion. Every week somebody will receive the same amount for an idea that will make or save at least \$1 for the readers of this magazine. Why not give other people the results of your personal researches in the realms of efficiency—and incidentally earn an extra \$10? The \$1 Idea Editor is in charge of this department. Address your bright ideas to him.

## The Champion Old Fiddler

By WALT MASON

Every man and woman in the world ought to be a champion at something—even if it's only making pickles or reciting "The Boy Stood on the Burning Deck." We have no use for the folks who never



excel at anything. It's part of our business to uncover these unknown champions in common life and wreath their brows with laurel. Here's A. H. Lee, Champion Old Fiddler. Go ahead, Walt, wreath.

he some day would know. "Oh, buy me a fiddle!" he begged of his sire; but father refused, with an ingrowing fire. "It's only a fool who would fiddle," he said; "go out and hoe corn and be earning your bread."

He toiled on the farm for a wearisome time; on red-letter days dad would give him a dinie; he salted them down till his plunks numbered ten, and what do you reckon he did with them then? His father advised him to teeter to town and buy him some duds while the price was marked down. Our hero went forth with his sweat-flavored roll, and bought him a fiddle, the ambitious soul! A man doesn't need any rags on his frame, who sees in the distance the Temple of Fame!

Although the rewards he has won are of price, the laurels, the ribbons, the medals on ice, no sordid success ever filled him with glee; it is Art for Art's Sake with the musical Lee!

ODESSA, Missouri, is pointing with pride; it is there the Boss Fiddler consents to abide. When old fiddlers gather to play for a prize, watch Lee of Odessa; you'll see him arise, and take the blue ribbon, the gold-headed cane, or any first premium a player may gain. He's ground out his music all through the Southwest, and always the judges pronounce him the best.

When artists at Old Fiddlers' contests appear, one rule is observed—they must all play by "ear." They have to take oath that they can't even read the music in books—they don't want to, indeed; for they all were born to harmonious tones; their knowledge of music is bred in their bones.

When Lee was a boy, in the halcyon days, he worked on a farm, hoeing ginseng and maize; and ever he dreamed, as he brandished his hoe, of musical triumphs

## What to Eat in Summer

By EDWIN F. BOWERS, M.D.

Author of "Side-Stepping Ill Health," etc.

AS the warm weather comes on, you expect your gas charges to go down and your coal bill to dwindle to the vanishing point. Not every one realizes that there ought to be a corresponding saving in his body fuel during the hot months—that sitting down to a dinner of roast pork, baked beans, and mince pie on a July day when the thermometer registers 99° in the shade is just as foolish as proceeding as it would be to stoke up the furnace on that day with a roaring fire.

The longing for fruit and acids in the summer, and the lack of appetite for heavy roasts, fats, starches, and sugars, constitute a definite index of a normal dietary during this period.

Dates, figs, raisins, prunes, grapes,

plums, peaches, pears, melons, cherries—in fact, most varieties of fruit and berries—are wholesome and nutritious, and are particularly valuable for women and children, and those who do not exercise much.

It might be well to remember also that fruit which is packed in clean air- and dust-tight receptacles is far less likely to "spoil" when it reaches the stomach, than is loose fruit, which has industriously collected all the spare dust and germs in its neighborhood. Perhaps the "goods" are a trifle less expensive, purchased in bulk, than they are when bought in clean, sanitary packages; but their use is much more likely to be followed by a hurry call for the family physician.

And while it may be by poet's license

that "an apple a day keeps the doctor away," yet it can not be denied that it may materially help.

For apples contain soda, potash, magnesium, and phosphorus—indispensable food elements. The natural acid is also helpful to the gums, teeth, stomach, and intestines. A sweet, pulpy, ripe apple is usually digested without trouble.

### Nutrition in Fruit and Berries

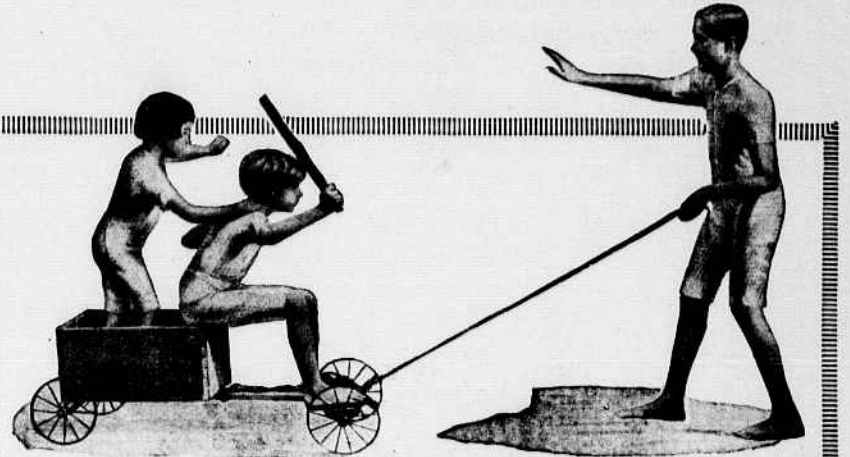
FRUIT and berries have also a very high nutritive value. They are real foods, not merely "fillers." Apples, peaches, apricots and pears, and strawberries, cherries, raspberries, gooseberries, and currants, are particularly rich. It would be very difficult to starve with plenty of these available.

Perhaps, however, pineapple juice is the most wholesome of all fruit products. It has digestive properties of a high order—in fact, there are several digestants on the market, the base of which is extract of pineapple. Pineapple seems also to set up a healthy action in the mucous membrane of the throat and stomach.

Raw fruit juices (in combination with the sugar the fruit contains) often relieve a craving for alcohol. In fact, a very successful recent method of treating alcoholism is to give an alcoholic an apple every time he wants to drink. If he will eat the apple almost invariably he'll lose his "hankering" for the drink.

There are many people, however, who can not eat raw fruit without suffering great discomfort. These people should invariably stew or otherwise cook all fruit.

Taken from "Eating for Health and Efficiency," by Edwin F. Bowers, M.D. Send 4 cents in stamps and you may have a copy of this little book. 95 Madison Avenue, New York.



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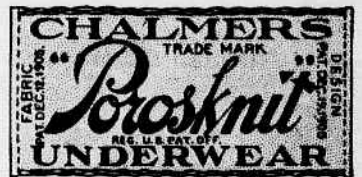


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